P215 is a 5-credit class that is considered to be challenging by the majority of students who take it. All pre-allied health programs (nursing, physical therapy, etc.) consider grades received in this course to be an important indication of a student’s potential for success in those fields.

Every point in this class is equal. Give yourself the chance to earn every point you can. In many semesters 10% of students come within 5 points of the next higher grade. Many of them missed on-line quizzes or bonus opportunities that would have earned them a higher grade.

Formula for success in P215:
1. Prepare
   - read ahead in the book
   - focus on topics in the lecture notes
   - study material from the previous lecture

2. ATTEND EVERY LECTURE!

3. Take advantage of the bonuses. Be in lecture when they’re announced; then, do them.

4. Be an active participant.
   - actively listen
   - take good notes
   - ask questions if something doesn’t make sense
   - think about the answers to ALL questions

5. Prior to the next lecture, look over your notes and make sure EVERYTHING still makes sense to you and that you UNDERSTAND the concepts. If you have questions, ASK to review it.

6. Do NOT try to memorize your notes because most test questions will assess whether you actually understand the concepts. Understanding physiology involves learning processes, seeing the relationship between causes and outcomes and recognizing our responses to changes.

7. Measure your understanding of the topics covered in lecture before taking an exam.
   - after we complete a set of lecture notes, print of a new copy and complete them WITHOUT using the notes you took during lecture. If you can’t, then that means you need to study that material until you can.
   - try to explain physiological processes to yourself or someone else. Difficulty in explaining shows that it's not fully understood, but like rewriting the notes, it identifies areas that need further work.
   - go over the sample questions as though they were an actual test. Figure out why an incorrect answer is wrong and why the correct answer is right.

8. Attend office hours (right after every lecture) if you need help. You're welcome to stop by or make an appointment.

9. Do NOT wait until the week before an exam to start studying. It's difficult to cram for a physiology test. Working with the topics day by day leads to familiarity and familiarity fosters understanding.

10. Go to lab and participate. Attendance and participation earn many points that contribute significantly to the final grade. Work on the lab papers. Altogether they’re worth almost 12% of your grade.